



Tools For Action

An inventory of nutrition and physical activity interventions in Wisconsin

Program Name

Ho-Chunk Youth Fitness Program

Contact Information

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| Main Contact Person Charmaine Garry |
| Title of Main Contact Fitness Director |
| Agency Affiliation of Contact Ho-Chunk Nation Department of Health and Social Services |
| Contact Phone Number (608) 372-3491 |
| Contact Email Address cgarry@ho-chunk.com |

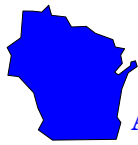
Program Information

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| Type of Program Health Care |
| Year Coalition was Formed 2000 |
| Primary program focus Both Physical Activity & Nutrition |
| Region Western |
| County Monroe |
| Coalition Web Site Address |

Program Information

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| Represented Groups on Coalition Health Dept Other | Represented Professions on Coalition Dietitian Educator Exercise Specialist |
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A Wisconsin Nutrition and Physical Activity Program



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Intervention Name

Physical Fitness Education and Activities

Intervention Information

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| Type of Intervention: |
| Physical Activity Event |
| Focus Area: |
| General Physical Activity |
| Intervention Site or Setting: |
| Community |
| Scope of Intervention: |
| Individual sites |
| Target Audience: |
| American Indian, Both genders, Ages 5-11 |
| Total Population in Area Served: |
| 400 children |
| Number of Participants: |
| We are currently developing and marketing the program--will implement in March, 2005 |
| Implementation Status: |
| 3 eight week sessions throughout the school year and summer activities |

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| Partners: |
| The HYFP partners with the Tomah Area School District and Tomah Ho-Chunk Study Center/Youth Services programs |
| Unique Funding: |
| Indian Health Service |
| Evaluation: |
| Service Provision & Observation – monthly |
| Evidence-Based or Best Practice based on |
| Pediatrics: Obesity Evaluation and Treatment: Expert Committee Recommendations (1998) |

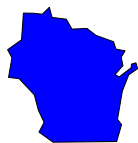
Products Developed or Materials Used:

Fitness director has developed developmentally appropriate fitness activities

Intervention Description:

Fitness director provides approximately 50 minutes of activity to children twice-weekly as part of HYFP class. Also, helps families discover ways to become more active, learn how being active can improve one's well-being, and provides on-going encouragement towards making improved lifestyle choices.

A Wisconsin Nutrition and Physical Activity Intervention



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Intervention Name

Nutrition Education and Activities, including providing a healthy after-school snack

Intervention Information

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| Type of Intervention: Nutrition Event |
| Focus Area: General Nutrition |
| Intervention Site or Setting: Community |
| Scope of Intervention: Individual sites |
| Target Audience: American Indian, Both genders, Ages 5-11 |
| Total Population in Area Served: same as above |
| Number of Participants: same as above |
| Implementation Status: same as above |

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|--|
| Partners: same as above |
| Unique Funding: see above |
| Evaluation: Service Provision & Observation – monthly Impact on Knowledge, Attitudes & Behavior |
| Evidence-Based or Best Practice based on see above |

Products Developed or Materials Used:

5 a day literature, our nutritionist would need to answer this question to provide best answer

Intervention Description:

Nutrition education and activities twice-weekly as part of HYFP class. Also, provides healthy snack as part of HYFP class. Offers: One-on-one nutritional assessment and counseling
Recommendations for healthier grocery shopping Opportunities to take part in low-fat cooking classes



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Intervention Name

Counseling and activities to promote positive self-esteem

Intervention Information

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| Type of Intervention: Mental Health |
| Focus Area: Other |
| Intervention Site or Setting: Community |
| Scope of Intervention: Individual sites |
| Target Audience: American Indian, Both genders, Ages 5-11 |
| Total Population in Area Served: see above |
| Number of Participants: see above |
| Implementation Status: see above |

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|---|
| Partners: see above |
| Unique Funding: see above |
| Evaluation: Service Provision & Direct Observation – monthly Impact on Attitudes |
| Evidence-Based or Best Practice based on see above |

Products Developed or Materials Used:

Group counseling curriculum that is developmentally and culturally appropriate

Intervention Description:

Individual counseling, group counseling, and group activities that promote positive self-esteem and overall wellness twice-weekly as part of HYFP classes.

A Wisconsin Nutrition and Physical Activity Intervention